



PRESENTATION TOPICS Napa Solano

Adult Health	
Colds & Flu	How to fight the flu? Does the flu shot make you sick? Will antibiotics help? What's causes an epidemic (like H1N1)? Answers to questions like these and more will be answered by a physician who sees hundreds of patients throughout the year – patients who deal with the sometimes devastating symptoms of the cold and flu.
Control Your Cholesterol	High levels of cholesterol in your system can lead to major health conditions. In this presentation you will learn about 'good' cholesterol and 'bad' cholesterol, as well as ways to help manage or avoid high cholesterol.
Diabetes	Do you or someone in your family have Type 1 or Type 2 Diabetes? Nearly 26 million Americans have diabetes and an estimated 79 million U.S. adults have prediabetes, according to new estimates from CDC. Learn the differences, as well as ways to prevent the onset of this condition affecting so many.
Depression Overview	Every year, one in ten Americans feel depressed (19 million people). Many adults will suffer from mild to severe or even situational depression at some point in their life. Learn how to recognize the differences and what resources are available.
Healthy Eating / Active Living	Confused about which 'diets' work or if any of them do? How much should I eat to maintain good health or maybe lose weight? How can I incorporate physical activity into my already busy day? This presentation gives relevant insights to help you achieve your fitness goals.
Living with a Chronic Condition	Many Americans suffer from ongoing conditions like diabetes, arthritis, high cholesterol – conditions that require daily medications and maintenance strategies. This presentation gives information on both the physical and emotional aspects of dealing everyday with an ongoing condition.
Medication Overview	Did you ever feel confused about when to take your medication and what its for? Ever wonder if the supplement you are thinking of taking will interact with the medication you are currently taking? Is generic really as effective as brand name? Help navigate the medication confusion with this informative presentation.
Motivating Change	Many times we feel too overwhelmed or feel a sense of inertia when trying to create better health habits. This presentation focuses on small changes that can add up to big health rewards. It gives a plan to move toward a more healthier you.
Smoking Cessation	This presentation gives keen insights on why people smoke and what it takes to quit. It also covers the medications and other resources used to help stay smoke free.
Stress Management	Stress affects our lives in so many ways, some good some bad. This presentation focuses on the different types of the 'flight or fight' response as well as ways to manage the negative effects of stress. It gives concrete tools and practices to help handle our busy, stressful lives.
Weight Management	This overview of a 10 week class talks about all the different aspects of losing weight and keeping it off: healthy eating, physical activity, emotional eating, barriers to reaching your goal weight.

PEDIATRICS	
Asthma	The number of asthma sufferers has increased seventy-five percent in recent years (CDC). This talk, given by a pediatrician expert, focuses on medication usage, managing flare-ups, recognizing pre-symptoms and creating an asthma management plan.
Preventive Screenings	Parents have many questions about which immunizations and screenings their child should get and can also be concerned with much of the news they hear. This talk, given by a pediatrician, goes over the risks and benefits of pediatric immunizations and what you can do as a parent to stay well informed, to make the right health decisions for your child.
Weight Management	As the number of children struggling with obesity rises, parents wonder what they can do. This talk, given by a pediatrician, helps identify strategies to help your child and your family deal with weight and health issues.
WOMENS HEALTH	
Preventive Screenings	Women especially need to keep current on their health screenings for every stage of life. This presentation covers which screening should be scheduled and at what point – as well as important information given by a Physician of Obstetrics and Gynecology.
Menopause	The myths and facts of menopause are discussed - as well as strategies on medication usage and alternative treatments to make this time of life the best ever!
SPECIALTY CARE	
Chemical Dependency	Learn some of the physical and emotional triggers, as well as the prevalence of drug use in our society. How a person becomes addicted to a narcotic substance and the cycle of addiction is discussed by a PhD in our Chemical Dependency Program.
Eye Health (Ophthalmologic)	Learn about the eye conditions that could affect your sight and overall health. This talk given by an Ophthalmologist focuses on the major diseases of the eye and what you can do to avoid them.
Electronic Medical Record	With the advent of increased technology, healthcare has improved its ability to positively affect your health. Focusing on the program called 'Health Connect" learn about the amazing features that this technology affords the delivery of healthcare.
Heart Health	Heart disease and stroke are the first and third leading causes of death in America. Learn about what happens during a stroke or heart attack and what you can do to avoid them both.
Trauma Center for Solano County	Learn about our Trauma Center in Napa-Solano and the benefits it brings to our community.

*Please note that each seminar topic is subject to presenter availability.
A minimum of eight weeks advanced notice is required.*

